

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:40–07:50	CDR	PLANTS-2: tagup w/ ground specialists (<i>S-band</i>)
07:50–10:50		Weekly housecleaning
11:00–12:30	FE-1	Physical exercise (RED)
11:00–12:30	CDR	Physical exercise (TVIS-2)
12:30–13:30		LUNCH
13:30–14:00		Weekly planning conference (<i>S-band</i>)
14:50–15:20		CB/ISS crew conference(<i>S-band</i>)
15:20–16:00	CDR	Maintenance of COЖ
16:10–16:20	CDR	DIATOMEA: tagup w/ ground specialist
16:30–16:50		Weekly conference with Program Management (<i>S-band</i>)
17:00–18:00	FE-1	Physical exercise (CEVIS)
17:30–18:30	CDR	Physical exercise (VELO+Load Trainer-1 / day 2)
18:10–18:15	FE-1	IMS auto export/import
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE:

1. See OSTP for references to US procedures
2. Task List: URAGAN
DIATOMEA
PLANTS-2

End of radiogram